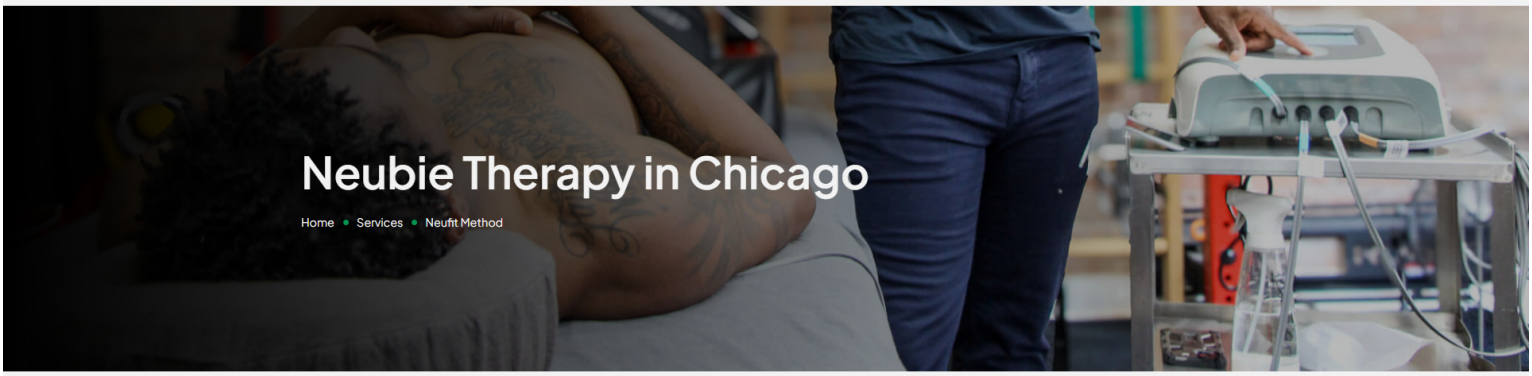


Neubie Therapy in Chicago

Experience Advanced Neubie Therapy in Chicago with the Neufit Method

Neubie therapy in Chicago is redefining how recovery and performance care work. At Lex4Health, patients receive science-backed neuromuscular re-education through the innovative Neufit Method. This approach helps improve strength, mobility, and overall body control by targeting the nervous system directly, not just the muscles. Using the Neubie device, gentle electrical signals guide the body to retrain proper movement patterns, ease pain, and restore function faster than traditional methods. Whether recovering from injury, dealing with chronic pain, or seeking better performance, Neubie therapy offers a smarter, personalized path to healing. It's all about helping the body remember how to move, recover, and perform the way it was designed to.

What Is Neubie Therapy and How Does It Work?

As a Neufit Method Certified Practitioner, Dr. Alexis uses the Neubie device and customized exercises to retrain the nervous system for improved muscle coordination and control. Neubie therapy in Chicago focuses on the root cause of dysfunction rather than just treating the pain. The benefits include enhanced muscle activation, reduced discomfort, improved strength and flexibility, and quicker recovery times. What makes the Neufit therapy Chicago residents trust so effective is its ability to identify and correct neurological limitations behind pain or mobility issues. The Neubie's gentle electrical stimulation, paired with movement patterns designed for each individual, helps "reboot" neuromuscular pathways for lasting results. This neurologically centered approach delivers functional improvement and long-term relief through the Neufit method treatment Chicago IL patients rely on.

Key Benefits of the Neufit Method: Why Neubie Therapy Near You Works

- Enhances communication between muscles and nerves for smoother coordination
- Helps improve mobility, flexibility, and overall physical performance
- Accelerates rehabilitation after injury or surgical procedures
- Reduces chronic tension, muscle compensation, and recurring pain patterns
- Supports lasting functional progress with fewer sessions through Neufit method Chicago programs

Our Services

- Chiropractic Care →
- Neufit Method →
- Advance Diagnostic Imaging →

Working Hours

Monday	9am-6pm
Tuesday	9am-6pm
Thursday	9am-6pm
Friday	9am-1pm
Saturday	By Appointment Only

We always take care of your mobility
+1 (312) 405-4197

PRICING PLAN

NeuFit Method Package

NeuFit Method

What's include?

- 15-Minute NeuFit Consultation! **(Free)**
- Initial Assessment **($179)**
- Single NeuFit Visit **($129)**
- NeuFit Method 5 Pack **($549)**
- NeuFit Method 10 Pack + Initial Assessment Included **($1029)**
- NeuFit Method 20 Pack + Initial Assessment Included **($1809)**

Book Now

FAQs

FAQs

What makes Neufit therapy different from traditional rehab?

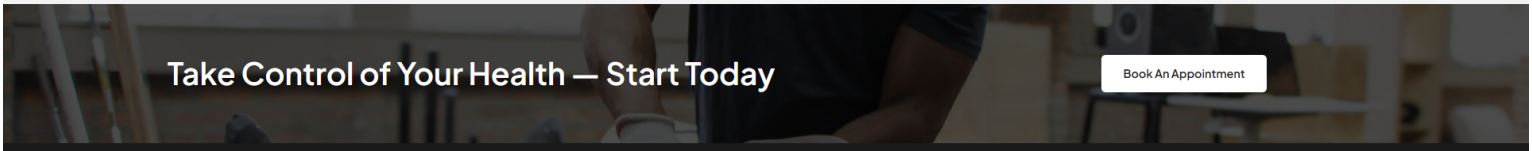
Neufit therapy in Chicago targets the nervous system, not just muscles and joints. Using the Neubie device, it helps reprogram how the body moves, delivering faster recovery and lasting results compared to standard rehab methods.

Who is Neubie therapy best suited for?

Is the therapy physically demanding?

How soon can results be felt?

Can Neufit therapy improve athletic performance?



Lex 4 Health
Your health. Our goal.

Lex4Health offers modern chiropractic care in Chicago, combining advanced technology with personalized therapy to support recovery, mobility, and lasting relief.

Quick Links

- About Us
- Contact Us
- Blog
- Pricing & Plans

Our Services

- Chiropractic Care
- Neufit Method
- Advance Diagnostic Imaging

Contact Info

+1 (312) 405-4197
info@lex4health.com
434 W Ontario St #310, Chicago, IL 60654

© 2025 All Rights Reserved by **Lex 4 Health, PLLC** | Developed By TSORBIT LLC